

HEALTHY FOODS AT COUNTY-SPONSORED MEETINGS AND EVENTS

County employees must abide by the Los Angeles County Food Policy when providing food and beverages purchased with County funds at County-sponsored meetings and events. Work with your caterer to serve foods that meet the nutrition guidelines. Examples of foods and beverages that meet the nutrition guidelines are listed below.ⁱ

Breakfast

Fresh fruit

Yogurt – nonfat or low fat

Whole wheat or multi-grain bagels – with low fat cream cheese, jam or jelly (cut larger bagels in half)

Bran, oatmeal or multi-grain muffins – small or mini

Fruit bread – sliced thin

Coffee, tea – served with lemon or low fat milk

Catered lunches and dinners

Select an entrée low in fat (meats and seafood that are baked, broiled, grilled, poached steamed, boiled, served without skin and or excess fat)

Avoid fried foods or cream sauces

Include fruit and at least one vegetable – fresh or cooked (no butter or cream sauces)

Serve salads with dressing on the side – offer at least one low fat or fat free dressing

Include whole grains (i.e., whole wheat rolls, brown rice, whole wheat pasta)

Choose lower fat/lower calorie desserts – cut up fruit, low fat ice cream or frozen yogurt, sherbet or sorbet, angel food cake with fresh fruit topping

Box lunches

Whole grain breads (whole wheat, oatmeal, multi-grain, rye) or pita wraps – prepared without butter/margarine, mayonnaise/salad dressing

Lean meats (turkey, ham, roast beef), poultry or tofu

Cheese (1oz slices)

Fresh fruit and raw vegetables (such as baby carrots, sugar snap peas, broccoli etc.)

Catered receptions

Fresh fruit and raw vegetables – cut up and offered with healthy dip or dressing

Pasta, tofu and vegetable salads with fat free or low fat dressing

Vegetable spring rolls – fresh not fried

Vegetable sushi rolls

Cheese – cut into 1” squares or smaller

Whole grain crackers (whole wheat, rye, multi-grain)

Seafood – poached or broiled, not breaded

Lean beef, ham or turkey – 1 oz. slices

ⁱ Children’s Alliance Guidelines for food and beverages served at Children’s Alliance sponsored events and meetings, March 2004.